

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Vitamin D (IU)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: October 19, 2015 11:18 EDT

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	1110
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	976
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	932
15008	Fish, carp, raw	85.0	3.0 oz	840
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	805
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	792
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	786
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	732
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	730
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	720
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	715
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	696
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	647
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	634
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	570
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	566
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	539
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	502
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	493
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	479
15110	Fish, swordfish, raw	85.0	3.0 oz	474
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	465
04589	Fish oil, cod liver	4.5	1.0 tsp	450
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	447
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	444
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	438
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	425
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	406
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	403

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	393
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	383
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	375
15083	Fish, salmon, pink, raw	85.0	3.0 oz	370
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	350
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	347
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	328
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	326
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	311
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	307
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	306
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	299
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	292
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	288
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	284
01133	Egg, whole, dried	85.0	1.0 cup, sifted	281
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	279
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	273
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	248
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	239
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	218
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	196
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	194
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	193
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	182
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	177
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	172
15094	Fish, shad, american, raw	85.0	3.0 oz	162
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	162
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	160
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	158
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	154
15014	Fish, cisco, smoked	28.35	1.0 oz	150
15261	Fish, tilapia, raw	116.0	1.0 fillet	144
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	140
16272	Vitasoy USA Nasoya, Lite Silken Tofu	91.0	0.2 package	139

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
11240	Mushrooms, morel, raw	66.0	1.0 cup	136
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	134
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	134
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	133
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	133
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	133
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	132
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	130
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	130
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	130
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	128
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	128
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	127
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	125
01057	Eggnog	254.0	1.0 cup	124
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	124
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	124
01089	Milk, low sodium, fluid	244.0	1.0 cup	124
16210	Vitasoy USA, Nasoya Lite Firm Tofu	79.0	0.2 package	124
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	122
06165	Sauce, homemade, white, thin	250.0	1.0 cup	122
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	122
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	122
16250	SILK Vanilla soy yogurt (family size)	227.0	1.0 container	120
16252	SILK Plain soy yogurt	227.0	1.0 container	120
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	120
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	120
06166	Sauce, homemade, white, medium	250.0	1.0 cup	120
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	120
16241	SILK Plus Omega-3 DHA, soymilk	243.0	1.0 cup	119
16238	SILK Light Plain, soymilk	243.0	1.0 cup	119
16235	SILK Plain, soymilk	243.0	1.0 cup	119
16245	SILK Very Vanilla, soymilk	243.0	1.0 cup	119
16242	SILK Plus for Bone Health, soymilk	243.0	1.0 cup	119

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16239	SILK Light Vanilla, soymilk	243.0	1.0 cup	119
16236	SILK Vanilla, soymilk	243.0	1.0 cup	119
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	119
16243	SILK Plus Fiber, soymilk	243.0	1.0 cup	119
16240	SILK Light Chocolate, soymilk	243.0	1.0 cup	119
16237	SILK Chocolate, soymilk	243.0	1.0 cup	119
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	118
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	118
06167	Sauce, homemade, white, thick	250.0	1.0 cup	118
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	117
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	116
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	116
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	115
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	115
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	115
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	114
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	114
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	114
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	114
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	113
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	112
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	110
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	110
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	110
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	108
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	107
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	105
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	104
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	103
43543	Milk, imitation, non-soy	244.0	1.0 cup	102
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	101
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	101
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	101
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	101

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	101
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	101
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	101
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	100
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	100
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	100
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	100
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	100
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	100
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	100
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	100
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	100
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	100
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	243.0	1.0 cup	100
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	100
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	100
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	100
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	100
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	100
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	55.0	1.0 bar	100
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	99
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	98
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	98
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	98
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	98
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	98
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	98
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	97
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	97
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	95
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	94
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	91
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	88
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	88
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	88
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	88

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01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	88
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	86
16273	Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm	85.0	3.0 oz	86
16274	Vitasoy USA Organic Nasoya, Tofu Plus Firm	85.0	3.0 oz	86
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	86
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	85
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	243.0	1.0 cup	85
15062	Fish, pike, northern, raw	85.0	3.0 oz	84
16275	Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm	85.0	3.0 oz	83
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	83
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	82
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	82
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	243.0	1.0 cup	80
16247	SILK Chai, soymilk	243.0	1.0 cup	80
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	80
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	80
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	80
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	80
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	80
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	80
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	80
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	80
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	80
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	80
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	80
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	80
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	77
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	77
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	76
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	76
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	75
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	73
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	71
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	71
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	70

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	68
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	68
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	67
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	66
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	65
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	64
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	64
05305	Ground turkey, raw	453.6	1.0 lb	64
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	63
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	63
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	63
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	63
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	62
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	62
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	28.0	0.67 Cup (1 NLEA serving)	60
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	60
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	60
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	60
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	60
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	60
08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	21.0	1.0 bowl (3/4 cup) (1 NLEA serving)	60
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	60
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	60
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	60
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	60
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	60
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	60
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	60
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	60
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	60
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	60
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	60
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	60
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	59
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	59

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	58
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	57
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	56
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	56
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	56
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	56
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	56
11656	Corn pudding, home prepared	250.0	1.0 cup	55
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	55
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	54
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	54
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	54
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	54
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	53
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	53
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	53
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	53
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	53
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	52
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	52
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	52
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	52
07005	Blood sausage	100.0	4.0 slices	52
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	52
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	51
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	51
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	50
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	50
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	50
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	50
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	49
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	49
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	49
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	49
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	49
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	49

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	49
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	48
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	48
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	48
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	48
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	48
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	48
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	48
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	48
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	48
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	48
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	47
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	47
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	47
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	47
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	47
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	46
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	46
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	46
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	46
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	46
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	46
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	46
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	46
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	46
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	46
04594	Fish oil, sardine	13.6	1.0 tbsp	45
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	45
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	45
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	45
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	45
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	45
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	45
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	45
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	44
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	44

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	44
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	44
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	44
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	44
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	44
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	44
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	44
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	43
17142	Veal, ground, raw	85.0	3.0 oz	43
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	43
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	43
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	43
11987	Mushrooms, oyster, raw	148.0	1.0 large	43
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	43
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	43
08706	Cereals ready-to-eat, KELLOGG SCOOPY-DOO! cereal	32.0	1.0 Cup (1 NLEA serving)	43
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	42
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	42
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	42
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	42
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	42
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	58.0	1.25 cup (1 NLEA serving)	42
11658	Spinach souffle	136.0	1.0 cup	42
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	42
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	42
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	42
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	42
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	42
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	31.0	0.75 Cup (1 NLEA serving)	42
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	42
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	42
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	41
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	31.0	0.75 Cup (1 NLEA serving)	41
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	41
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	41

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	41
01123	Egg, whole, raw, fresh	50.0	1.0 large	41
01131	Egg, whole, cooked, poached	50.0	1.0 large	41
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	41
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	41
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	41
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	41
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	41
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	41
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	41
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	41
01128	Egg, whole, cooked, fried	46.0	1.0 large	40
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	252.0	1.0 cup (1 serving)	40
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	252.0	1.0 cup (1 serving)	40
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	40
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	40
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	40
22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	252.0	1.0 cup (1 serving)	40
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	40
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	40
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	40
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	49.0	1.0 Cup (1 NLEA serving)	40
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	40
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	40
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	40
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	40
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	40
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	59.0	1.25 Cups (1 NLEA serving)	40
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	40
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	40
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	40
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	40
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	40
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	40
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	40

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	40
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	40
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	28.0	0.75 cup (1 NLEA serving)	40
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	40
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	40
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	40
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	40
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	29.0	0.75 Cup (1 NLEA serving)	40
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	40
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	40
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	40
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	40
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	40
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	40
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	40
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	40
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	40
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYN0-BITES	29.0	0.75 cup (1 NLEA serving)	40
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	40
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	40
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	40
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	40
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	40
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	40
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	40
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	40
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	40
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	40
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	40
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	40
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	40
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	31.0	1.0 Cup (1 NLEA serving)	40
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	40
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	40
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	40
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	40

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	40
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	40
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	40
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	40
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	40
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	40
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	40
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	40
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	40
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	40
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	40
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	40
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	40
15090	Fish, scup, raw	85.0	3.0 oz	40
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	40
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	40
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	40
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	40
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	40
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	40
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	40
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	40
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	40
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	40
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	40
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	40
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	40
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	40
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	40
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	40
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	40
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	40
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	40
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	40
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	40
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	40

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	40
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	40
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	40
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	40
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	40
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	40
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	40
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	30.0	0.75 cup (1 NLEA serving)	40
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	40
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	40
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	40
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	40
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	40
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	40
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	53.0	1.0 Cup (1 NLEA serving)	40
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	40
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	40
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	40
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	40
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	39
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	39
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	39
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	39
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	39
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	39
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	39
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	39
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	39
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	39
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	39
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	38
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	38
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	38
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	38

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	38
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	38
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	38
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	38
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	38
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	38
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	38
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	38
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	37
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	37
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	37
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	37
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	37
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	37
01125	Egg, yolk, raw, fresh	17.0	1.0 large	37
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	37
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	37
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	36
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	36
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	36
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	36
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	36
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	36
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	36
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	36
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	36
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	36
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	36
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	36
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	36
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	36
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	36

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	35
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	35
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	35
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	35
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	35
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	35
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	35
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	34
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	34
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	34
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	34
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	34
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	34
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	34
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	34
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	34
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	33
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	33
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	33
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	33
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	33
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	33
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	33
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	33
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	33
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	33
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	32
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	32
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	32
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	32
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	32
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	32

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	32
07008	Bologna, beef and pork	100.0	3.527 oz	32
07056	Peppered loaf, pork, beef	100.0	3.52 slices	32
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	32
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIx	28.0	1.0 cup	32
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	32
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	32
01009	Cheese, cheddar	132.0	1.0 cup, diced	32
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	32
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	32
01011	Cheese, colby	132.0	1.0 cup, diced	32
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	31
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	31
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	31
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	31
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	31
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	31
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	31
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	31
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	31
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	31
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	31
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	31
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	30
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	30
01020	Cheese, fontina	132.0	1.0 cup, diced	30
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	30
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	30
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	30
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	30
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	30
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	30
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	29
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	29
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	29
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	29

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	29
01030	Cheese, muenster	132.0	1.0 cup, diced	29
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	29
01005	Cheese, brick	132.0	1.0 cup, diced	29
01025	Cheese, monterey	132.0	1.0 cup, diced	29
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	29
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	29
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	29
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	29
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	29
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	29
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	29
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	29
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	29
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLELEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	29
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	28
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	28
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	28
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	28
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	28
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	28
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	28
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	28
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	28
01034	Cheese, port de salut	132.0	1.0 cup, diced	28
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	28
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	28
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	27
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	27
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	27
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	27
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	27
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	27
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	27
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	27
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	27

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	27
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	27
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	27
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	27
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	27
01024	Cheese, limburger	134.0	1.0 cup	27
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	27
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	27
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	27
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	27
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	26
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	26
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	26
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	26
01035	Cheese, provolone	132.0	1.0 cup, diced	26
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	26
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	26
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	26
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	26
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	26
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	26
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	26
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	26
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	26
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	26
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	26
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	26
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	26
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	26
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	26
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	26
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	26

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	26
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	26
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	26
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	26
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	26
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	26
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	26
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	26
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	26
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	26
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	25
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	25
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	25
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	25
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	25
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	25
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	25
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	25
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	25
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	25
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	25
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	25
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	25
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	25
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	25
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	25
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	24
04574	Fat, duck	12.8	1.0 tbsp	24
04542	Fat, chicken	12.8	1.0 tbsp	24
04575	Fat, turkey	12.8	1.0 tbsp	24
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	24
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	24
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	24
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	24
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	24

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	24
01019	Cheese, feta	150.0	1.0 cup, crumbled	24
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	24
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	24
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	24
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	24
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	24
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	24
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	24
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	24
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	24
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	24
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	24
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	24
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	23
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	23
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	23
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	23
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	23
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	23
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	23
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	23
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	23
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	23
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	23
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	23
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	23
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	23
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	22
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	22
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	22
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	22

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	22
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	22
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	22
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	22
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	22
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	22
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	21
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	21
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	21
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	21
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	21
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	21
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	21
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	21
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	21
01032	Cheese, parmesan, grated	100.0	1.0 cup	21
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	21
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	21
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	20
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	20
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	20
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	20
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	20
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	20
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	20
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	20
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	20
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	20
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	20
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	20
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	20
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	20

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	20
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	20
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	20
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	20
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	20
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	20
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	20
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	20
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	20
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	20
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	19
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	19
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	19
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	19
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	19
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	19
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	19
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	19
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	19
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	19
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	19
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	19
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	19
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	19
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	19
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	19
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	18
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	18
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	18
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	18
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	18
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	18
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	18
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	18
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	18
07024	Frankfurter, chicken	85.0	3.0 oz	18

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	18
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	18
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	18
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	18
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	18
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	18
43541	Ice creams, chocolate, rich	148.0	1.0 cup	18
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	18
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	18
07019	Chorizo, pork and beef	28.35	1.0 oz	17
15055	Fish, mullet, striped, raw	28.35	1.0 oz	17
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	17
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	17
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	17
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	17
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	17
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	17
08510	Milk and cereal bar	25.0	1.0 bar	17
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	17
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	17
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	17
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	17
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	17
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	17
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	17
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	17
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	17
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	17
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	17
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	16
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	16
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	16
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	16
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	16
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	16
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	16

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	16
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	16
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	16
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	16
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	16
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	16
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	16
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	16
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	16
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	15
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	15
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	15
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	15
15033	Fish, haddock, raw	85.0	3.0 oz	15
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	15
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	15
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	15
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	15
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	15
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	15
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	15
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	15
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	15
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	15
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	15
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	15
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	15
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	15
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	15
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	15
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	15
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	15
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	15
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	15
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	15
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	15

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	15
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	14
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	14
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	14
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	14
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	14
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	14
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	14
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	14
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	14
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	14
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	14
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	14
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	14
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	14
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	14
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	14
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	14
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	14
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	14
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	14
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	14
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	14
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	14
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	14
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	13
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	13
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	13
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	13
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	13
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	13
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	13
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	13
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	13

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	13
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	13
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	13
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	13
04002	Lard	12.8	1.0 tbsp	13
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	13
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	13
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	13
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	13
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	13
19089	Ice creams, vanilla, rich	107.0	0.5 cup	13
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	13
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	13
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	13
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	13
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	13
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	13
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	13
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	13
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	13
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	13
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	13
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	13
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	13
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	13
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	13
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	13
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	13
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	13
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	13
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	13
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	13
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	13

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	13
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	13
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	13
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	12
07068	Salami, cooked, beef	26.0	1.0 slice	12
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	12
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	12
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	12
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	12
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	12
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	12
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	12
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	12
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	12
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	12
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	12
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	12
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	12
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	12
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	12
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	12
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	12
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	12
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	12
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	12
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	12
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	12
07954	Beef sausage, pre-cooked	48.0	1.0 serving	12
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	12
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	12
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	12
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	12
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	12
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	12

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	12
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	12
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	12
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	12
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	12
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	12
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	12
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	12
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	12
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	12
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	12
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	12
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	12
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	12
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	12
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	12
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	12
22973	Corn dogs, frozen, prepared	78.0	1.0 corn dog	12
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	12
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	12
07050	Mortadella, beef, pork	28.35	1.0 oz	12
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	12
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	12
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	11
07061	Mother's loaf, pork	28.35	1.0 oz	11
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	11
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	11
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	11
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	11
07971	Bologna, meat and poultry	33.0	1.0 slice	11
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	11
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	11
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	11
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	11
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	11

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	11
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	11
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	11
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	11
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	11
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	11
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	11
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	11
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	11
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	11
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	11
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	11
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	11
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	11
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	11
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	11
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	10
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	10
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	10
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	10
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	10
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	10
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	10
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	10
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	10
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	10
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	10
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	10
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	10
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	10
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	10
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	10
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	10
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	10
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	10
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	10

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	10
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	10
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	10
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	10
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	10
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	10
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	10
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	10
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	10
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	9
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	9
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	9
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	9
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	9
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	9
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	9
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	9
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	9
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	9
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	9
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	9
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	9
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	9
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	9
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	9
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	9
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	9
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	9
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	9
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	9
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	9
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	9
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	9
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	9
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	9
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	9

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	9
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	9
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	9
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	9
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	9
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	9
03194	Babyfood, cereal, rice, dry fortified	2.5	1.0 tbsp	9
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	9
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	8
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	8
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	8
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	8
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	8
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	8
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	8
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	8
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	8
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	8
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	8
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	8
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	8
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	8
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	8
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	8
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	8
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	8
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	8
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	8
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	8
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	8
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	8
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	8
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	8
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	8
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	8

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
07007	Bologna, beef	30.0	1.0 slice	8
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	8
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	8
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	8
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	8
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	8
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	8
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	8
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	8
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	8
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	8
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	8
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	8
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	8
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	8
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	8
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	8
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	8
07015	Brotwurst, pork, beef, link	70.0	1.0 link	8
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	8
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	8
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	8
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	8
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	8
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	8
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	8
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	8
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	8
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	8
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	8
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	8
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	8
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	7
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	7

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
07030	Ham, minced	28.35	1.0 oz	7
01156	Cheese, goat, hard type	28.35	1.0 oz	7
07011	Bologna, turkey	28.0	0.99 oz 1 serving	7
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	7
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	7
22911	Chili, no beans, canned entree	240.0	1.0 cup	7
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	7
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	7
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	7
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	7
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	7
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	7
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	7
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	7
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	7
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	7
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	7
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	7
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	7
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	7
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	7
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	7
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	7
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	7
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	7
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	7
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	7
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	7
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	7
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	7
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	7
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	7
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	7
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	7
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	7

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	7
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	7
07026	Ham, chopped, canned	28.35	1.0 oz	7
01023	Cheese, gruyere	28.35	1.0 oz	7
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	7
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	7
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	7
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	7
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	7
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	7
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	7
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	7
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	7
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	7
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	7
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	7
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	7
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	7
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	7
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	7
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	7
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	7
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	7
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	7
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	7
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	7
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	7
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	7
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	7
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	7
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	7
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	7
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	7
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	7
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	7
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	7

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
07070	Salami, cooked, turkey	28.0	1.0 serving	7
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	7
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	7
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	7
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	7
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	7
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	7
07025	Frankfurter, turkey	28.35	1.0 oz	7
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	7
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	6
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	6
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	6
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	6
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	6
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	6
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	6
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	6
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	6
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	6
07045	Luncheon meat, pork, canned	28.35	1.0 oz	6
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	6
01157	Cheese, goat, semisoft type	28.35	1.0 oz	6
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	6
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	6
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	6
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	6
01094	Milk, buttermilk, dried	30.0	0.25 cup	6
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	6
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	6
43276	Cheese spread, cream cheese base	28.35	1.0 oz	6
18028	Bread, egg, toasted	28.35	1.0 oz	6
03216	Babyfood, teething biscuits	28.35	1.0 oz	6
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	6
01004	Cheese, blue	28.35	1.0 oz	6
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	6
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	6

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	6
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	6
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	6
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	6
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	6
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	6
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	6
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	6
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	6
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	6
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	6
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	6
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	6
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	6
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	6
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	6
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	6
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	6
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	6
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	6
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	6
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	6
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	6
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	6
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	6
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	6
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	6
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	6
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	6
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	6
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	6
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	6

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	6
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	6
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	6
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	6
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	6
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	6
07052	Pastrami, turkey	57.0	2.0 slices	6
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	6
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	6
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	6
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	6
01038	Cheese, romano	28.35	1.0 oz	6
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	6
01006	Cheese, brie	28.35	1.0 oz	6
01022	Cheese, gouda	28.35	1.0 oz	6
01018	Cheese, edam	28.35	1.0 oz	6
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	6
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	6
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	6
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	6
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	6
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	6
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	6
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	6
43405	Cheese, swiss, low sodium	28.0	1.0 slice	6
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	6
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	5
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	5
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	5
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	5
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	5
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	5
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	5
01033	Cheese, parmesan, hard	28.35	1.0 oz	5
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	5
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	5

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	5
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	5
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	5
42186	Frozen yogurts, chocolate	174.0	1.0 cup	5
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	5
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	5
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	5
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	5
18147	Cheesecake commercially prepared	28.35	1.0 oz	5
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	5
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	5
01007	Cheese, camembert	28.35	1.0 oz	5
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	5
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	5
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	5
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	5
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	5
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	5
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	5
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	255.0	1.0 entree	5
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	5
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	5
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	5
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	5
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	5
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	5

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
10130	Canadian bacon, unprepared	85.0	3.0 oz	5
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	5
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	5
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	5
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	5
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	5
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	5
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	5
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	5
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	5
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	5
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	5
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	5
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	5
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	5
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	5
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	5
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	5
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	5
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	5
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	5
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	5
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	5
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	5
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	5
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	5
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	5
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	5
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	5
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	5
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	5
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	5
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	5
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	5
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	5
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	5
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5
22971	Potato salad with egg	125.0	0.5 cup	5
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	5
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	5
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	5
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	5
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	5
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	5
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	5
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	5
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	5
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	5
10132	Pork, cured, feet, pickled	28.35	1.0 oz	5
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	5
18027	Bread, egg	28.35	1.0 oz	5
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	5
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	5
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	5
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	5
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	5
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	5
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	5
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	5

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	4
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	4
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	4
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	4
04609	Animal fat, bacon grease	4.3	1.0 tsp	4
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	4
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	4
01159	Cheese, goat, soft type	28.35	1.0 oz	4
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	4
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	4
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	4
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	4
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	4
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	4
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	4
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	4
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	4
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	4
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	4
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	4
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	4
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	4
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	4

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	4
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	4
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	4
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	4
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	4
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	4
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	4
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	4
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	4
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	4
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	4
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	4
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	4
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	4
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	4
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	4
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	4
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	4
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	4
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	4
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	4
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	4

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	4
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	4
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	4
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	4
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	4
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	4
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	4
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	4
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	4
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	4
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	4
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	4
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	4
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	4
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	4
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	4
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	4
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	4
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	4
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	4
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	4
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	4

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4
42161	Bologna, beef, low fat	28.0	1.0 slice	4
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	4
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	4
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	4
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	4
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	4
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	4
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	4
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	4
07973	Turkey bacon, microwaved	8.1	1.0 slice	4
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	4
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	4
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	4
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	4
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	4
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	4
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4
07031	Ham salad spread	15.0	1.0 tbsp	4
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	4
18963	Garlic bread, frozen	43.0	1.0 slice presliced	4
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	32.0	2.0 cookies	4
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	4
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	4
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	4
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	4
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	4
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	4
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	4
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	4
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	4
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	4
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	4
80200	Frog legs, raw	45.0	1.0 leg	4
04520	Fat, mutton tallow	12.8	1.0 tbsp	4

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
04001	Fat, beef tallow	12.8	1.0 tbsp	4
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	4
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	4
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	3
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	3
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	3
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	3
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	3
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	3
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	3
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	3
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	3
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	3
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	3
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	3
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	3
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	3
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	3

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	3
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	3
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	3
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	3
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	3
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	3
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3
19114	Ice creams, chocolate, light	68.0	1.0 serving	3
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	3
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	3
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	3
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	3
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	3
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	3
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	3
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	3
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	3
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	3
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	3
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	3
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	3
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	3
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	3
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	3
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	3
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	3
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	3
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	3
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	3
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	3
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	3
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	3
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	3
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	3
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	3
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	3
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	3
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	3
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	3
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	3

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	3
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	3
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	3
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	32.0	3.0 cookies	3
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	3
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	3
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	3
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	3
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	3
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	3
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	3
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	3
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	3
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	3
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	3
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	3
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	3
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	3
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	3
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	3
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	3
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	3
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	3
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	3
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	3
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	3
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	3
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	31.0	2.0 cookies	3
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	3
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	3
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	3
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	3

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	3
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	3
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	3
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	3
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	3
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	3
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	3
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	3
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	3
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	3
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	3
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	3
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	3
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	3
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	3
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	3
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	3
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	3
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	3

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	3
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	3
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	3
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	3
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	3
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	3
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	3
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	3
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	3
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	3
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	3
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	3
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	3
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure	
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3	
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3	
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3	
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3	
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	3	
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3	
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3	
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3	
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	3	
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3	
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	3	
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3	
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	3	
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3	
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	3	
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	3	
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3	
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3	
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3	
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3	
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3	
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3	
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3	
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3	
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3	
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	3	
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3	
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	2	
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)		2
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	2	
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	2	
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	2	
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	2	
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	2	
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	2	
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.		2

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	241.0	1.0 entree	2
18993	BEAR NAKED, Double Chocolate Cookies	30.0	1.0 cookie	2
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	2
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	2
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	2
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	2
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	2
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	2
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	2
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	2
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	2
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	2
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	2
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	2
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	2
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	2
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	2
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	2
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	2
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	2
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	2
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	2
43282	Quail, cooked, total edible	28.35	1.0 oz	2
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	2
05335	Chicken, feet, boiled	28.35	1.0 oz	2
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	2
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	2
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	2
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	2
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	2
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	2
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	2
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	32.0	2.0 cookies	2
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	32.0	3.0 cookies	2
07951	Scrapple, pork	17.0	1.0 cubic inch	2

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	2
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	2
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	2
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	2
21401	Fast foods, chicken tenders	30.0	1.0 strip	2
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	2
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	2
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	2
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	2
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	2
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	2
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	2
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	2
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	2
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	2
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	2
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	2
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	31.0	2.0 cookies	2
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	2
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	2
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	2
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	2
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	2
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	2
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	2
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	2
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	2
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	2
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	2
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	2
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	2
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	2
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	2
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	2

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	2
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	2
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	2
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	2
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	2
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	2
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	2
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	2
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	2
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	2
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	2
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	2
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	2
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	2
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	2
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	2
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	2
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	2
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	2
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	2
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	2
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	2
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	2
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	2
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	2

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	2
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	2
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	2
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	2
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	2
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	2
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	2
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	2
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	2
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	2
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	2
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	2
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	2
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	2
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	2
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	2
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	2
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	2
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	2
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	2
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	2
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	2
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	2
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	2
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	2

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	2
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	2
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	2
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	2
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	2
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	2
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	2
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	2
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	2
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	2
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	2
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	2
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	2
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	2
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	2
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	2
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	2
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	2
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	2
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	2
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	2
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	2
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	2
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	2
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	2
43274	Cheese, cream, low fat	15.0	1.0 tbsp	2

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	2
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	2
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	2
07974	Bacon, turkey, low sodium	15.0	1.0 serving	2
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	2
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	1
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	1
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	1
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	1
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	1
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	1
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	1
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	1
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	1
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	1
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	1
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	1
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	1
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	1
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	1
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	1
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	1
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	1
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	1
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	1
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	1
05311	Chicken, canned, no broth	28.0	1.0 oz	1
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	1
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	1
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	1
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	1
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	1
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	1
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	1

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	1
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	1
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	1
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	1
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	1
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	1
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	1
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	1
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	1
01225	Dulce de Leche	19.0	1.0 tbsp	1
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	1
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	1
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	1
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	1
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	1
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	1
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	1
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	1
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	1
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	1
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	1
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	1
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	1
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	1
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	1
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	1
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	1
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	1
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	1
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	1
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	1
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	1
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	1
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	1

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	1
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	1
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	1
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	1
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	1
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	1
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	1
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	1
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	1
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	1
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1
01179	Sour cream, light	12.0	1.0 tablespoon	1
18972	Bread, cheese	48.0	1.0 slice	1
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	1
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	1
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	1
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	1
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	1
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	1
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	1
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	1
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	1
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	1
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	1
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	1
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	1
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	1
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	1
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	1
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	1
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	1
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	1
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	1
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	1
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	1
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	1
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	1
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	1
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	1
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	1
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	1
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	1
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	1

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	1
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	1
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	1
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	1
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	1
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	1
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	1
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	1
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	1
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	1
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	1
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	1
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	1
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	1
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	1
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	1
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	1
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	1
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	1
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	1
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	1
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	1
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	76.0	2.0 waffles	1
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	1
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	1
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	1
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	1
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	1
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	1
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1
18971	Bread, potato	32.0	1.0 slice	1
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	1
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	1
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	1
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	31.0	3.0 cookies	1
01049	Cream, fluid, half and half	30.2	1.0 fl oz	1
28211	MURRAY, Chocolatey Chip Thins Cookies	30.0	8.0 cookies	1
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	1
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	1
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	1
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	1
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	1
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	1
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	1
18245	Danish pastry, cheese	28.35	1.0 oz	1
17224	Lamb, ground, raw	28.35	1.0 oz	1
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	1
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	1
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	1
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	1
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	1
27066	Sauce, horseradish	5.6	1.0 tsp	1
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	1
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	1
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	0
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	21.0	1.0 pouch	0
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	21.0	1.0 pouch	0
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	0
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	0
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	38.0	1.0 pattie	0
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	0
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	0
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	0
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	0
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	0
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	31.0	3.0 cookies	0
28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	31.0	3.0 cookies	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0
28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	31.0	3.0 cookies	0
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	0
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	29.0	3.0 cookies	0
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	0
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	29.0	3.0 cookies	0
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	29.0	4.0 cookies	0
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	0
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0
13350	Beef, cured, dried	28.0	10.0 slices	0
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0
28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	27.0	3.0 pieces	0
28034	GIRL SCOUTS, Thank U Berry Munch Cookies	25.0	2.0 cookies	0
11950	Mushrooms, enoki, raw	5.0	1.0 large	0
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0
28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	21.0	1.0 pouch	0
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	0
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	0
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	0
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	0
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0
18214	Crackers, cheese, regular	14.2	0.5 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	0
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	0
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	0
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	0
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	0
43406	Yeast extract spread	6.0	1.0 tsp	0
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	0
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	0
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	23.0	1.0 pouch	0
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	0
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0
21024	Fast foods, french toast sticks	65.0	3.0 pieces	0
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	0
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0
09421	Dates, medjool	24.0	1.0 date, pitted	0
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	30.0	30.0 chips	0
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	0
02026	Spices, onion powder	2.4	1.0 tsp	0
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0
11447	Sesbania flower, raw	3.0	1.0 flower	0
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	0
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0
11941	Pickles, cucumber, sour	155.0	1.0 cup	0
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	0
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	0
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	0
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0
11945	Pickle relish, sweet	15.0	1.0 tbsp	0
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	0
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0
11011	Asparagus, raw	134.0	1.0 cup	0
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0

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28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	0
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0
43128	Chicken, meatless	168.0	1.0 cup	0
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	0
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	0
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0
20004	Barley, hulled	184.0	1.0 cup	0
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0
11143	Celery, raw	101.0	1.0 cup chopped	0
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 patty	0
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	0
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	0
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	0
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
42289	Oil, corn and canola	14.0	1.0 tbsp	0
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0
16055	Carob flour	103.0	1.0 cup	0
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	0
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	0
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	0
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	0
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	0
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	0
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	0
21503	KASHI Pizza, Mediterranean, frozen, unprepared	120.0	0.33 pizza	0
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	0
18065	Bread, wheat, toasted	28.35	1.0 oz	0
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	0
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	0
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	0
25059	Snacks, brown rice chips	9.0	1.0 cake	0
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	241.0	0.5 package	0
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	0
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	269.0	1.0 entree	0
11601	Yam, raw	150.0	1.0 cup, cubes	0
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0
20064	Rye flour, medium	102.0	1.0 cup	0
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	0
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0
16104	Bacon, meatless	144.0	1.0 cup	0
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	50.0	1.0 pastry	0
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	0
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	0
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0
11961	Hearts of palm, canned	146.0	1.0 cup	0
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0
18243	Croutons, seasoned	14.2	0.5 oz	0
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	0
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	0
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0
09042	Blackberries, raw	144.0	1.0 cup	0
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	0
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	0
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0
11426	Pumpkin pie mix, canned	270.0	1.0 cup	0
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	0
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	0
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	0
09160	Lime juice, raw	242.0	1.0 cup	0
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	0
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	0
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	0
20137	Quinoa, cooked	185.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0
18177	Cookies, molasses	28.35	1.0 oz	0
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	0
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	67.0	1.0 burger	0
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	55.0	1.0 waffle	0
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	0
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	0
18338	Phyllo dough	28.35	1.0 oz	0
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	0
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	0
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	0
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	0
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	0
20077	Wheat bran, crude	58.0	1.0 cup	0
02066	Spearmint, dried	0.5	1.0 tsp	0
11230	Pepeao, dried	24.0	1.0 cup	0
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	0
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	0
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	0
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
11976	Pepper, banana, raw	124.0	1.0 cup	0
19353	Syrups, maple	20.0	1.0 tbsp	0
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	0
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	0
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	0
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	0
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	0
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	0
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0
02023	Spices, marjoram, dried	0.6	1.0 tsp	0
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	0
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0
18038	Bread, oat bran, toasted	28.35	1.0 oz	0
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	0
09191	Nectarines, raw	143.0	1.0 cup slices	0
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	0
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	0
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	0
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0
11282	Onions, raw	160.0	1.0 cup, chopped	0
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
09298	Raisins, seedless	165.0	1.0 cup, packed	0
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	0
42136	Cream substitute, powdered, light	94.0	1.0 cup	0
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	0
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	0
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	0
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	0
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	0
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	0
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	0
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	0
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	0
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	0
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	0
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	0
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
43497	Jellyfish, dried, salted	58.0	1.0 cup	0
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	0
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	0
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	0
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	0
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	53.0	1.0 cup (1 NLEA serving)	0
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	0
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	0
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	0
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	0
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	0
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	116.0	0.33 pizza	0
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	0
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	0
18060	Bread, rye	28.35	1.0 oz	0
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	0
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	0
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	269.0	1.0 package	0
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0
20061	Rice flour, white, unenriched	158.0	1.0 cup	0
02043	Spices, turmeric, ground	3.0	1.0 tsp	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
09326	Watermelon, raw	154.0	1.0 cup, balls	0
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	0
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	50.0	1.0 pastry	0
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	0
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0
11741	Broccoli, stalks, raw	114.0	1.0 stalk	0
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0
19312	Pie fillings, apple, canned	74.0	0.125 can	0
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	0
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	0
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	0
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	0
02007	Spices, celery seed	2.0	1.0 tsp	0
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	0
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	0
11161	Collards, raw	36.0	1.0 cup, chopped	0
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 meatballs	0
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	0
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	0
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0
20132	Oat flour, partially debranned	104.0	1.0 cup	0
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0
19070	Candies, butterscotch	28.35	1.0 oz	0
09004	Apples, raw, without skin	110.0	1.0 cup slices	0
09278	Plantains, cooked	200.0	1.0 cup, mashed	0
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	0
16069	Lentils, raw	192.0	1.0 cup	0
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0
28023	KELLOGG'S, SIMPLY EGGO, Original	70.0	2.0 waffles	0
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	0
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	0
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	0
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	0
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	0
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	0
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	0
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	0
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	0
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	0
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	0
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	0
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	0
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	0
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	0
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	0
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	0
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	0
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	0
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	0
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	0
20033	Oat bran, raw	94.0	1.0 cup	0
02020	Spices, garlic powder	3.1	1.0 tsp	0
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0
18033	Bread, italian	28.35	1.0 oz	0
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	0
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	0
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	0
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	0
11935	Catsup	17.0	1.0 tbsp	0
20330	Hominy, canned, yellow	160.0	1.0 cup	0
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	0
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0
12071	Nuts, almond paste	28.35	1.0 oz	0
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	0
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	0
11005	Arrowhead, raw	25.0	1.0 large	0
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	0
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	0
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	0
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	0
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	0
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 burger	0
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	0
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	0
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	0
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	0
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	0
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	0
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	0
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
42279	Babyfood, peas and brown rice	230.0	1.0 cup	0
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	0
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	0
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	0
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	0
19415	Snacks, potato sticks	28.35	1.0 oz	0
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	0
04047	Oil, coconut	13.6	1.0 tbsp	0
11090	Broccoli, raw	91.0	1.0 cup chopped	0
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	0
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	0
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	0
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	0
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	30.0	25.0 crackers	0
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	0
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	0
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	0
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0
18967	Bread, white wheat	28.0	1.0 slice	0
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	0
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	0
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	0
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	0
20466	Semolina, unenriched	167.0	1.0 cup	0
22986	KASHI Mayan Harvest Bake, frozen, unprepared	283.0	1.0 entree	0
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	0
02039	Spices, savory, ground	1.4	1.0 tsp	0
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	16.0	5.0 crackers	0
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0
11955	Tomatoes, sun-dried	54.0	1.0 cup	0
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0
19300	Jellies	21.0	1.0 serving 1 tbsp	0
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	0
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	0
43146	Eggplant, pickled	136.0	1.0 cup	0
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	0
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	0
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0
20015	Corn bran, crude	76.0	1.0 cup	0
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	0
11156	Chives, raw	3.0	1.0 tbsp chopped	0
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	0
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 burger	0
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	0
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	0
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	0
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	0
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0
22930	SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce	252.0	1.0 cup (1 serving)	0
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0
18171	Cookies, fortune	28.35	1.0 oz	0
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	0
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	0
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	0
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	0
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	31.0	11.0 crisps	0
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	0
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	0
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0
18323	Pie, peach	28.35	1.0 oz	0
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	0
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	0
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	0
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	0
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	0
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	0
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	0
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	0
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	0
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	0
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	0
20074	Wheat, hard white	192.0	1.0 cup	0
02063	Rosemary, fresh	0.7	1.0 tsp	0
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	50.0	1.0 pastry	0
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	0
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	0
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	0
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	0
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0
11973	Beans, fava, in pod, raw	126.0	1.0 cup	0
19349	Syrups, corn, dark	328.0	1.0 cup	0
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	0
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	0
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	0
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	0
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	0
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	0
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	0
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	0
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	0
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	0
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
28064	KEEBLER, CLUB, Dash of Salt Crackers	14.0	4.0 crackers	0
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	0
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	0
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	0
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	0
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	0
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0
18349	Rolls, french	28.35	1.0 oz	0
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	0
43060	Chewing gum, sugarless	2.0	1.0 piece	0
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	0
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	0
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	0
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	0
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	0
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0
19014	Snacks, fruit leather, rolls	21.0	1.0 large	0
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	0
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	0
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	0
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0
19154	Candies, sesame crunch	28.35	1.0 oz	0
20089	Wild rice, cooked	164.0	1.0 cup	0
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	0
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	150.0	1.0 pizza	0
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0
11986	Malabar spinach, cooked	44.0	1.0 cup	0
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	0
04038	Oil, wheat germ	4.5	1.0 tsp	0
11086	Beet greens, raw	38.0	1.0 cup	0
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	0
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	0
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	0
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	0
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	0
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	0
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	269.0	1.0 package	0
11292	Onions, young green, tops only	6.0	1.0 tbsp	0
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0
18223	Crackers, milk	14.2	0.5 oz	0
19108	Candies, jellybeans	11.0	10.0 small	0
02036	Spices, rosemary, dried	1.2	1.0 tsp	0
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0
16095	Peanuts, virginia, raw	146.0	1.0 cup	0
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	15.0	5.0 crackers	0
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	0
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	0
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0
11952	Radicchio, raw	40.0	1.0 cup, shredded	0
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0
19294	Fruit butters, apple	17.0	1.0 tbsp	0
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	0
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	0
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	0
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	0
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0
20012	Bulgur, dry	140.0	1.0 cup	0
02001	Spices, allspice, ground	1.9	1.0 tsp	0
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0
11151	Chicory, witloof, raw	53.0	1.0 head	0
11413	Potato flour	160.0	1.0 cup	0
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	142.0	1.0 sauce	0
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	0
09143	Guava sauce, cooked	238.0	1.0 cup	0
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	0
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0
11525	Taro, tahitian, raw	125.0	1.0 cup slices	0
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	0
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	0
28017	KASHI, TLC, Pita Crisps, Sea Salt	31.0	11.0 crisps	0
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	0
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	0
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0
11683	Carrot, dehydrated	74.0	1.0 cup	0
18319	Pie, fried pies, fruit	28.35	1.0 oz	0
09095	Figs, dried, stewed	259.0	1.0 cup	0
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	0
16157	Chickpea flour (besan)	92.0	1.0 cup	0
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0
28292	Crackers, multigrain	14.0	4.0 crackers	0
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0
01239	Ice cream cookie sandwich	82.0	1.0 serving	0
11109	Cabbage, raw	89.0	1.0 cup, chopped	0
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	0
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	0
11616	Dock, raw	133.0	1.0 cup, chopped	0
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0
19129	Syrups, table blends, pancake	314.0	1.0 cup	0
20071	Wheat, hard red spring	192.0	1.0 cup	0
02053	Vinegar, distilled	14.9	1.0 tbsp	0
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0
16112	Miso	17.0	1.0 tbsp	0
01072	Dessert topping, pressurized	70.0	1.0 cup	0
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	0
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	0
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	0
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0
11969	Broccoli, chinese, cooked	88.0	1.0 cup	0
19340	Sugars, maple	3.0	1.0 tsp	0
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	0
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	0
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	0
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	0
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	0
20030	Hominy, canned, white	165.0	1.0 cup	0
02017	Spices, dill weed, dried	1.0	1.0 tsp	0
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0
11435	Rutabagas, raw	140.0	1.0 cup, cubes	0
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	0
16076	Lupins, mature seeds, raw	180.0	1.0 cup	0
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	0
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	0
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0
03215	Babyfood, pretzels	28.35	1.0 oz	0
04582	Oil, canola	14.0	1.0 tbsp	0
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	0
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	0
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0
43046	Candies, nougat, with almonds	14.0	1.0 piece	0
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	0
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	40.0	1.0 link	0
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	0
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	0
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	0
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet (1 NLEA serving)	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	0
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	0
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	0
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	0
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	0
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	0
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	0
19367	Toppings, nuts in syrup	328.0	1.0 cup	0
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	0
18266	English muffins, whole-wheat	28.35	1.0 oz	0
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	0
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0
09434	Guanabana nectar, canned	251.0	1.0 cup	0
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	0
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	0
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	0
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	0
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0
93600	Turtle, green, raw	85.0	3.0 oz	0
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	0
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0
18216	Crackers, crispbread, rye	14.2	0.5 oz	0
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0
02033	Spices, poppy seed	2.8	1.0 tsp	0
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	0
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	0
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	0
14287	Beverages, Lemonade, powder	18.0	1.0 serving	0
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	0
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0
11949	Catsup, low sodium	17.0	1.0 tbsp	0
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	0
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	0
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	0
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	0
43134	Vegetarian fillets	85.0	1.0 fillet	0
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
19041	Snacks, pork skins, plain	28.35	1.0 oz	0
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	0
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	0
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	71.0	1.0 patty	0
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	0
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	0
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	0
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	0
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	0
16059	Chili with beans, canned	256.0	1.0 cup	0
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	0
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	0
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	0
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	0
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	0
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	0
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	159.0	1.0 pizza	0
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0
18977	KASHI, TLC, Toasted Asiago Crackers	31.0	15.0 crackers	0
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	0
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	0
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	0
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	0
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	0
20068	Tapioca, pearl, dry	152.0	1.0 cup	0
02050	Vanilla extract	4.2	1.0 tsp	0
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	0
01069	Cream substitute, powdered	94.0	1.0 cup	0
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	50.0	1.0 pastry	0
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	0
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0
11965	Cauliflower, green, raw	64.0	1.0 cup	0
19335	Sugars, granulated	2.8	1.0 serving packet	0
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	0
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	0
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	0
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	0
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	0
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	0
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG,Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	0
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	0
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	0
20027	Cornstarch	128.0	1.0 cup	0
02014	Spices, cumin seed	2.1	1.0 tsp, whole	0
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0
09165	Litchis, dried	2.5	1.0 fruit	0
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	0
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	0
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0
19081	Candies, sweet chocolate	28.35	1.0 oz	0
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	0
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	0
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	0
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	0
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	0
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	0
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	0
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	0
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0
43408	Babyfood, juice, pear	31.2	1.0 fl oz	0
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	0
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	0
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	10.0	1.0 pouch	0
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	0
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	0
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	0
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	0
11980	Peppers, chili, green, canned	139.0	1.0 cup	0
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	0
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	0
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	0
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	0
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	30.0	27.0 chips	0
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	0
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	0
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	0
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0
25037	Snacks, pita chips, salted	28.35	1.0 oz	0
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0
11943	Pimento, canned	12.0	1.0 tbsp	0
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	0
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	0
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	0
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	0
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	0
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	0
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	0
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	0
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	0
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	0
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0
20005	Barley, pearled, raw	200.0	1.0 cup	0
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	0
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0
16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 patty	0
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	0
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	0
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	0
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	0
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0
06957	Gravy, brown instant, dry	6.7	1.0 serving	0
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	0
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0
11518	Taro, raw	104.0	1.0 cup, sliced	0
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	0
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	0
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	0
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	0
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	0
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	0
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	0
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	0
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	0
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0
18066	Bread, wheat bran	28.35	1.0 oz	0
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	0
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	0
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	284.0	0.5 package	0
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	32.0	0.75 cup (1 NLEA serving)	0
22996	KASHI Three Cheese Penne, frozen, unprepared	269.0	1.0 Entrée	0
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0
18239	Croissants, butter	28.35	1.0 oz	0
20065	Rye flour, light	102.0	1.0 cup	0
02047	Salt, table	6.0	1.0 tsp	0
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	0
11215	Garlic, raw	136.0	1.0 cup	0
16106	Meat extender	88.0	1.0 cup	0
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	0
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	0
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	0
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	0
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0
09043	Blackberry juice, canned	250.0	1.0 cup	0
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	0
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	0
06124	Gravy, pork, dry, powder	6.7	1.0 serving	0
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	0
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	0
02011	Spices, cloves, ground	2.1	1.0 tsp	0
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0
11427	Purslane, raw	43.0	1.0 cup	0
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 patty	0
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0
18428	Crackers, wheat, low salt	14.2	0.5 oz	0
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	0
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	0
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0
20314	Corn grain, white	166.0	1.0 cup	0
11270	Mustard greens, raw	56.0	1.0 cup, chopped	0
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0

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09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	85.0	5.0 Wings	0
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	0
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	0
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	0
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	0
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	0
20078	Wheat germ, crude	115.0	1.0 cup	0
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0
11231	Jute, potherb, raw	28.0	1.0 cup	0
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	0
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	0
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	0
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	0
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	0
19355	Syrups, sorghum	330.0	1.0 cup	0
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	0
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	0
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	0
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	0
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	0
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	0
16122	Soy protein isolate	28.35	1.0 oz	0
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0
12142	Nuts, pecans	109.0	1.0 cup, chopped	0
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0
11190	Cornsalad, raw	56.0	1.0 cup	0
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0
18039	Bread, oatmeal	28.35	1.0 oz	0
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	0
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	0
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	0
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	0
09299	Raisins, seeded	165.0	1.0 cup, packed	0
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	0
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	0
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0
18360	Taco shells, baked	12.9	1.0 shell	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	0
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	0
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	0
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0
43114	Vermicelli, made from soy	140.0	1.0 cup	0
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	0
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0
20001	Amaranth grain, uncooked	193.0	1.0 cup	0
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	0
11141	Celeriac, raw	156.0	1.0 cup	0
16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	71.0	1.0 dog	0
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	0
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	0
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	0
19163	Chewing gum	3.0	1.0 stick	0
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	0
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	0
11248	Lentils, sprouted, raw	77.0	1.0 cup	0
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	0
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	30.0	1.0 cup (1 NLEA serving)	0
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	0
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	0
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	0
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	0
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0
11667	Seaweed, spirulina, dried	112.0	1.0 cup	0
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	0
09084	Currants, red and white, raw	112.0	1.0 cup	0
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	0
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	0
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	113.0	0.33 pizza	0
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	0
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	0
18061	Bread, rye, toasted	28.35	1.0 oz	0
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	0
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	0
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	0
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	269.0	1.0 package	0
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	0
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0
18235	Crackers, whole-wheat	28.0	1.0 serving	0
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	0
20062	Rye grain	169.0	1.0 cup	0
02044	Basil, fresh	2.5	5.0 leaves	0
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0
11212	Edamame, frozen, prepared	155.0	1.0 cup	0
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0
01056	Cream, sour, cultured	12.0	1.0 tbsp	0
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	50.0	1.0 pastry	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0
11959	Arugula, raw	2.0	1.0 leaf	0
19314	Pie fillings, canned, cherry	74.0	0.125 can	0
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	0
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0
01173	Egg, white, dried	28.0	1.0 oz	0
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	0
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	0
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	0
09040	Bananas, raw	225.0	1.0 cup, mashed	0
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	0
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0
02008	Spices, chervil, dried	0.6	1.0 tsp	0
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	105.0	1.0 biscuit	0
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	0
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0
09156	Lemon peel, raw	6.0	1.0 tbsp	0
14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	0
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0
06971	Sauce, worcestershire	17.0	1.0 tbsp	0
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0
20133	Rice noodles, dry	57.0	2.0 oz	0
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	0
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
19071	Candies, carob, unsweetened	28.35	1.0 oz	0
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	0
09279	Plums, raw	165.0	1.0 cup, sliced	0
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0
01017	Cheese, cream	14.5	1.0 tbsp	0
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	0
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	0
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	0
16172	Refried beans, canned, fat-free	231.0	1.0 cup	0
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	0
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	0
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	0
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	0
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	0
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	0
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0
11974	Grape leaves, raw	14.0	1.0 cup	0
19350	Syrups, corn, light	341.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	0
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	0
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	0
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	0
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	0
16119	Soy meal, defatted, raw	122.0	1.0 cup	0
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	0
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	0
20034	Oat bran, cooked	219.0	1.0 cup	0
02021	Spices, ginger, ground	1.8	1.0 tsp	0
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	0
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	0
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	0
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	0
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0
09294	Prune juice, canned	256.0	1.0 cup	0
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	0
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	0
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	0
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0
01144	Egg substitute, powder	9.9	0.35 oz	0
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	0
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	0
09021	Apricots, raw	155.0	1.0 cup, halves	0
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	0
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	0
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0
19030	Syrup, fruit flavored	20.0	1.0 serving	0
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	64.0	1.0 burger	0
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	0
43483	Millet, puffed	21.0	1.0 cup	0
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	0
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0
11655	Carrot juice, canned	236.0	1.0 cup	0
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	0
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	0
11245	Lambquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	27.0	0.75 cup (1 NLEA serving)	0
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	0
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	0
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0
09078	Cranberries, raw	110.0	1.0 cup, chopped	0
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	0
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	0
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	21.0	1.0 pouch	0
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	0
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0
18968	Bagels, wheat	98.0	1.0 bagel	0
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	0
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	0
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0
22987	KASHI Pesto Pasta Primavera, frozen, unprepared	283.0	1.0 entree	0
11591	Watercress, raw	34.0	1.0 cup, chopped	0
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	0
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0
09322	Tamarinds, raw	120.0	1.0 cup, pulp	0
16099	Peanut flour, defatted	60.0	1.0 cup	0
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	15.0	8.0 crackers	0
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
18384	Bread, rice bran, toasted	28.35	1.0 oz	0
19303	Marmalade, orange	20.0	1.0 tbsp	0
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	0
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	0
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	0
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	0
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0
02005	Spices, caraway seed	2.1	1.0 tsp	0
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	0
11418	Pumpkin leaves, raw	39.0	1.0 cup	0
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	0
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	0
09152	Lemon juice, raw	244.0	1.0 cup	0
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	0
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	0
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0
20130	Barley flour or meal	148.0	1.0 cup	0
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	0
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	0
18172	Cookies, gingersnaps	28.35	1.0 oz	0
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	0
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	0
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	0
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	0
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	0
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	0
21139	Fast foods, potato, mashed	242.0	1.0 cup	0
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	0
11697	Arrowroot, raw	120.0	1.0 cup, sliced	0
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0
01124	Egg, white, raw, fresh	33.0	1.0 large	0
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	0
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 bscuit	0
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	0
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	0
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	0
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	0
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	0
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	0
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	0
20075	Wheat, soft white	168.0	1.0 cup	0
02064	Peppermint, fresh	0.1	2.0 leaves	0
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	0
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	48.0	1.0 pastry	0
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	0
20031	Millet, raw	200.0	1.0 cup	0
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	0
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	0
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	52.0	1.0 pastry	0
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	0
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	0
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0
25027	Snacks, plantain chips, salted	28.35	1.0 oz	0
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0
11564	Turnips, raw	130.0	1.0 cup, cubes	0
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	0
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	0
28066	KEEBLER, CLUB, Minis Multigrain Crackers	15.0	17.0 crackers	0
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	0
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	0
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	0
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	0
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0
11003	Amaranth leaves, raw	28.0	1.0 cup	0
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	0
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	0
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	0
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	0
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	0
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	0
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	0
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	0
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	0
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	0
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	0
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	0
20090	Rice flour, brown	158.0	1.0 cup	0
11241	Kohlrabi, raw	135.0	1.0 cup	0
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	0
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	0
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	150.0	1.0 pizza	0
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	0
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	0
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	0
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	0
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	0
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	0
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	0
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	0
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	0
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	0
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	0
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	0
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	0
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	255.0	1.0 package	0
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	0
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0
02037	Spices, saffron	0.7	1.0 tsp	0
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	0
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	15.0	5.0 crackers	0
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	0
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	0
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0
19296	Honey	339.0	1.0 cup	0
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0
11024	Balsam-pear (bitter melon), pods, raw	93.0	1.0 cup (1/2" pieces)	0
11297	Parsley, fresh	60.0	1.0 cup chopped	0
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	0
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	0
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0
20013	Bulgur, cooked	182.0	1.0 cup	0
02002	Spices, anise seed	2.1	1.0 tsp, whole	0
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0
11414	Potato salad, home-prepared	250.0	1.0 cup	0
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 burger	0
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	0
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	0
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	0
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	0
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	0
42316	Babyfood, carrots, toddler	28.35	1.0 oz	0
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	55.0	1.0 cup (1 NLEA serving)	0
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	0
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	0
21129	Fast foods, hush puppies	22.0	1.0 piece	0
04528	Oil, walnut	13.6	1.0 tbsp	0
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0
43382	Cranberry juice, unsweetened	253.0	1.0 cup	0
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	0
16158	Hummus, commercial	15.0	1.0 tbsp	0
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	0
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	0
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	0
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	0
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	298.0	0.5 package	0
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	0
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0
11618	Eppaw, raw	100.0	1.0 cup	0
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	0
20072	Wheat, hard red winter	192.0	1.0 cup	0
02054	Capers, canned	8.6	1.0 tbsp, drained	0
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
16113	Natto	175.0	1.0 cup	0
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	50.0	1.0 pastry	0
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	0
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	14.0	1.0 tbsp	0
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0
11970	Cabbage, napa, cooked	109.0	1.0 cup	0
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	0
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	0
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	0
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	0
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	0
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	0
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	0
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	67.0	1.0 burger	0
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	0
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	0
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	0
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	0
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	182.0	1.0 cup	0
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	0
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	50.0	0.5 cup	0
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	0
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	0
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	0
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	0
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	0
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	0
20087	Wheat, sprouted	108.0	1.0 cup	0
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
09252	Pears, raw	140.0	1.0 cup, slices	0
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	0
11984	Epazote, raw	0.8	1.0 tbsp	0
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	0
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	0
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	0
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	0
09436	Mango nectar, canned	251.0	1.0 cup	0
16129	Tofu, fried	28.35	1.0 oz	0
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	0
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	0
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	0
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	0
11199	Yardlong bean, raw	91.0	1.0 cup slices	0
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0
18047	Bread, raisin, enriched	28.35	1.0 oz	0
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	0
09206	Orange juice, raw	248.0	1.0 cup	0
16007	Beans, baked, canned, with beef	266.0	1.0 cup	0
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	0
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0
18217	Crackers, matzo, plain	14.2	0.5 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0
02034	Spices, poultry seasoning	1.5	1.0 tsp	0
09315	Soursop, raw	225.0	1.0 cup, pulp	0
16093	Peanuts, valencia, raw	146.0	1.0 cup	0
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	28.0	5.0 cookies 28 g package	0
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	0
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	0
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	0
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	0
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0
18372	Leavening agents, baking soda	4.6	1.0 tsp	0
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0
16246	SILK Nog, soymilk	122.0	0.5 cup	0
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	0
43135	Sandwich spread, meatless	15.0	1.0 tbsp	0
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	0
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	0
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	0
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	0
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	0
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	71.0	1.0 patty	0
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	0
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	0
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0
11522	Taro shoots, raw	43.0	0.5 cup slices	0
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	0
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0
14555	Water, bottled, generic	29.6	1.0 fl oz	0
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	0
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	0
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	0
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	0
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	0
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	160.0	1.0 pizza	0
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	0
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	0
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0
09229	Papaya nectar, canned	250.0	1.0 cup	0
11106	Butterbur, (fuki), raw	94.0	1.0 cup	0
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	0
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0
11613	Borage, raw	89.0	1.0 cup (1" pieces)	0
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	0
20069	Triticale	192.0	1.0 cup	0
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	0
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	0
01070	Dessert topping, powdered	43.0	1.5 oz	0
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	52.0	1.0 pastry	0
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	0
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	0
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	0
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0
19336	Sugars, powdered	120.0	1.0 cup unsifted	0
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	0
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	0
28351	Cookies, Marie biscuit	28.0	5.0 cookie	0
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	0
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	0
09050	Blueberries, raw	148.0	1.0 cup	0
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	0
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0
06150	Sauce, barbecue	17.0	1.0 tbsp	0
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	0
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
20028	Couscous, dry	173.0	1.0 cup	0
02015	Spices, curry powder	2.0	1.0 tsp	0
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0
42040	Syrups, grenadine	20.0	1.0 tbsp	0
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	0
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	0
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0
25024	Pretzels, soft, unsalted	143.0	1.0 large	0
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	0
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	0
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	0
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	0
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	0
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	0
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0
11122	Cardoon, raw	178.0	1.0 cup, shredded	0
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	0
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	0
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0
19147	Candies, peanut bar	28.35	1.0 oz	0
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	0
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0
19365	Toppings, marshmallow cream	28.35	1.0 oz	0
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	0
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	0
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0
18264	English muffins, wheat	28.35	1.0 oz	0
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	0
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	30.0	27.0 chips	0
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	0
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	0
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	0
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0
02028	Spices, paprika	2.3	1.0 tsp	0
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0
11450	Soybeans, green, raw	256.0	1.0 cup	0
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
90480	Syrup, Cane	21.0	1.0 serving	0
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	0
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	0
09307	Rhubarb, raw	122.0	1.0 cup, diced	0
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0
01040	Cheese, swiss	132.0	1.0 cup, diced	0
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	0
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	0
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	0
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	0
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	0
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	0
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0
20006	Barley, pearled, cooked	157.0	1.0 cup	0
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	0
11145	Celtuce, raw	8.0	1.0 leaf	0
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	96.0	1.0 patty	0
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	0
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	0
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0
06958	Gravy, instant beef, dry	6.7	1.0 serving	0
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	0
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	0
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	0
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0
11098	Brussels sprouts, raw	88.0	1.0 cup	0
11362	Potatoes, raw, skin	38.0	1.0 skin	0
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	0
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
01113	Whey, acid, dried	57.0	1.0 cup	0
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	0
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	0
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	0
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	0
19524	Snacks, taro chips	28.35	1.0 oz	0
09221	Tangerine juice, raw	247.0	1.0 cup	0
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	0
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	0
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	0
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	0
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	0
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	0
18241	Croissants, cheese	28.35	1.0 oz	0
20066	Semolina, enriched	167.0	1.0 cup	0
02048	Vinegar, cider	14.9	1.0 tbsp	0
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	0
11216	Ginger root, raw	2.0	1.0 tsp	0
16107	Sausage, meatless	25.0	1.0 link	0
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	50.0	1.0 pastry	0
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	0
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0
11963	Nopales, raw	86.0	1.0 cup, sliced	0
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	0
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
28348	Rolls, dinner, sweet	30.0	1.0 roll	0
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	0
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	0
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0
14073	Beverages, ZEVIA, cola	355.0	1.0 can	0
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	0
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	0
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	0
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	0
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	0
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	0
09163	Blueberries, dried, sweetened	40.0	0.25 cup	0
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	0
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	0
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	0
11549	Tomato products, canned, sauce	245.0	1.0 cup	0
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	0
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	0
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	0
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	56.0	0.5 cup	0
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0
28039	KASHI, TLC, Happy Trail Mix Cookies	30.0	1.0 cookie	0
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
03213	Babyfood, cookies	28.35	1.0 oz	0
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0
18344	Rolls, dinner, egg	28.35	1.0 oz	0
11118	Cabbage, kimchi	150.0	1.0 cup	0
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	0
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	0
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	0
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	0
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	0
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0
20080	Wheat flour, whole-grain	120.0	1.0 cup	0
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	0
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	0
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	0
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	0
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0
11978	Peppers, ancho, dried	17.0	1.0 pepper	0
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	0
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	0
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	0
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	0
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	0
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0
20038	Oats	156.0	1.0 cup	0
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0
11446	Seaweed, laver, raw	26.0	10.0 sheets	0
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	0
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	0
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	0
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	0
09302	Raspberries, raw	123.0	1.0 cup	0
16087	Peanuts, all types, raw	28.35	1.0 oz	0
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	0
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	0
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	0
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	0
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	0
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	0
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	0
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0
20003	Arrowroot flour	128.0	1.0 cup	0
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	0
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	0.667 cup	0
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0
09128	Grapefruit juice, white, raw	247.0	1.0 cup	0
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	0
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	0
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	0
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	0
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	0
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	0
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	0
03172	Babyfood, juice, orange	31.2	1.0 fl oz	0
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0
09085	Currants, zante, dried	144.0	1.0 cup	0
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	0
16144	Lentils, pink or red, raw	192.0	1.0 cup	0
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0
21501	KASHI Pizza, Margherita, frozen, unprepared	113.0	0.33 pizza	0
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	0
18064	Bread, wheat	28.35	1.0 oz	0
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	0
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	0
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	255.0	1.0 entree	0
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	0
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0
18236	Cracker meal	28.35	1.0 oz	0
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0
20063	Rye flour, dark	128.0	1.0 cup	0
02045	Dill weed, fresh	1.0	5.0 sprigs	0
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0
11213	Endive, raw	25.0	0.5 cup, chopped	0
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	0
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	0
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	0
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0
11960	Carrots, baby, raw	15.0	1.0 large	0
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0
11304	Peas, green, raw	145.0	1.0 cup	0
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	0
43212	Bacon bits, meatless	7.0	1.0 tbsp	0
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0
14066	Beverages, Protein powder whey based	32.0	0.33 cup	0
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	0
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	0
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	0
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0
02009	Spices, chili powder	2.7	1.0 tsp	0
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	0
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	0
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	0
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	0
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	0
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0
20134	Rice noodles, cooked	176.0	1.0 cup	0
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	0
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	0
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	0
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	0
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	0
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	0
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	0
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	0
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	0
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	0
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	0
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0
19868	Sweeteners, tabletop, sucralose, SLENDA packets	1.0	1.0 serving 1 packet	0
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	0
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	0
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0
11975	Grape leaves, canned	4.0	1.0 leaf	0
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	0
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	0
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	0
09059	Breadfruit, raw	220.0	1.0 cup	0
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	0
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	0
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	0
20035	Quinoa, uncooked	170.0	1.0 cup	0
02022	Spices, mace, ground	1.7	1.0 tsp	0
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0
18037	Bread, oat bran	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	0
09190	Mulberries, raw	140.0	1.0 cup	0
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	0
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	0
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0
09297	Raisins, golden seedless	165.0	1.0 cup, packed	0
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	0
12084	Nuts, butternuts, dried	120.0	1.0 cup	0
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	0
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	0
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	0
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	0
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	0
18354	Strudel, apple	28.35	1.0 oz	0
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	0
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	0
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	0
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	0
43109	Pretzels, soft	143.0	1.0 large	0
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	0
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	0
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 burger	0
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	0
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	0
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	0
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	0
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	0
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	0
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	0
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0
18283	Muffins, oat bran	28.35	1.0 oz	0
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0
09079	Cranberries, dried, sweetened	40.0	0.25 cup	0
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	0
16137	Hummus, home prepared	15.0	1.0 tablespoon	0
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	0
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	0
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	0
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0
18059	Bread, rice bran	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	0
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	0
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	0
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	0
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	0
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	0
20060	Rice bran, crude	118.0	1.0 cup	0
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	0
11209	Eggplant, raw	82.0	1.0 cup, cubes	0
16100	Peanut flour, low fat	60.0	1.0 cup	0
28162	KELLOGG'S, Corn Flakes Crumbs	33.0	6.0 tbsp	0
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	0
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0
19304	Molasses	337.0	1.0 cup	0
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	0
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	0
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	0
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	0
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	0
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
02006	Spices, cardamom	2.0	1.0 tsp, ground	0
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	0
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	0
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	67.0	1.0 patty	0
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	0
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	0
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	0
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0
20131	Barley malt flour	162.0	1.0 cup	0
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	0
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	0
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	0
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	0
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0
09277	Plantains, raw	148.0	1.0 cup, sliced	0
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	0
21142	Fast food, biscuit	55.0	1.0 biscuit	0
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	0
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	0
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	0
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	105.0	1.0 bscuit	0
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	0
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	0
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	0
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	0
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	0
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	0
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	0
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	0
19137	Toppings, strawberry	42.0	2.0 tbsp	0
20076	Wheat, durum	192.0	1.0 cup	0
02065	Spearmint, fresh	0.3	2.0 leaves	0
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	0
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	0
16117	Soy flour, defatted	105.0	1.0 cup	0
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	0
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0
20032	Millet, cooked	174.0	1.0 cup	0
02019	Spices, fenugreek seed	3.7	1.0 tsp	0
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	0
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	0
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	0
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	0
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	0
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	0
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0
11278	Okra, raw	100.0	1.0 cup	0
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	0
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	0
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	0
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	0
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	0
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	0
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	0
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	0
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	0
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	0
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	0
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	0
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	0
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	0
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0
19018	Fruit syrup	334.0	1.0 cup	0
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0
11134	Cassava, raw	206.0	1.0 cup	0
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	16.0	2.0 strips	0
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	0
43476	Tofu yogurt	262.0	1.0 cup	0
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	0
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	0
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	0
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	0
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	0
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	0
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	0
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0
03166	Babyfood, juice, apple	31.7	1.0 fl oz	0
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	0
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	0
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	30.0	25.0 crackers	0
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	0
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	0
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0
11203	Cress, garden, raw	50.0	1.0 cup	0
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	0
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	269.0	1.0 package	0
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	0
02038	Spices, sage, ground	0.7	1.0 tsp	0
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	15.0	6.0 crackers	0
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	0
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	0
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	0
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0
11954	Tomatillos, raw	34.0	1.0 medium	0
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0
19297	Jams and preserves	20.0	1.0 tbsp	0
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	0
11298	Parsnips, raw	133.0	1.0 cup slices	0
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	0
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	0
43144	Cabbage, mustard, salted	128.0	1.0 cup	0
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	0
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0
20014	Corn grain, yellow	166.0	1.0 cup	0
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0
11154	Chicory roots, raw	60.0	1.0 root	0
11416	Pumpkin flowers, raw	33.0	1.0 cup	0
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 entree	0
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0
09149	Kumquats, raw	19.0	1.0 fruit without refuse	0
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	0
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	0
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	259.0	1.0 cup	0
11527	Tomatoes, green, raw	180.0	1.0 cup	0
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0
18170	Cookies, fig bars	28.35	1.0 oz	0
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	0
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	0
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	0
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	0
03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	0
04529	Oil, almond	13.6	1.0 tablespoon	0
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	0
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	0
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	0
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	0
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0

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05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	0
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	0
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	0
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	0
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	0
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	0
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	0
11620	Drumstick pods, raw	100.0	1.0 cup slices	0
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	0
20073	Wheat, soft red winter	168.0	1.0 cup	0
02055	Horseradish, prepared	5.0	1.0 tsp	0
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0
16114	Tempeh	166.0	1.0 cup	0
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	50.0	1.0 pastry	0
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	0
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0
11972	Lemon grass (citronella), raw	67.0	1.0 cup	0
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	0
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	0
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0

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18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	0
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	0
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	0
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	0
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	0
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	0
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	0
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	0
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	0
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	0
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	0
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	28.0	5.0 cookies 1 serving	0
12061	Nuts, almonds	143.0	1.0 cup, whole	0
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0
03217	Zwieback	28.35	1.0 oz	0
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	0
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	0
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	0
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	0
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	0
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 burger	0
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	0
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	0
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	0
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
27064	Wasabi	20.0	1.0 tablespoon	0
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	0
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	0
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	0
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	0
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	0
20088	Wild rice, raw	160.0	1.0 cup	0
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	0
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	0
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	0
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	0
19400	Snacks, banana chips	28.35	1.0 oz	0
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	0
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0
11349	Poi	240.0	1.0 cup	0
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
09442	Pomegranate juice, bottled	249.0	1.0 cup	0
16130	Okara	122.0	1.0 cup	0
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	0
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	32.0	2.0 cookies	0
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	0
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0
02032	Spices, pepper, white	2.4	1.0 tsp, ground	0
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	0
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0
11457	Spinach, raw	30.0	1.0 cup	0
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0
16008	Beans, baked, canned, with franks	259.0	1.0 cup	0
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	0
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	0
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	0
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	0
22979	KASHI Black Bean Mango, frozen, unprepared	283.0	1.0 entree	0
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0
18220	Crackers, melba toast, plain	14.2	0.5 oz	0
19107	Candies, hard	28.35	1.0 oz	0
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	0
09316	Strawberries, raw	152.0	1.0 cup, halves	0
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	0
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	16.0	5.0 crackers	0
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	0
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	0
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	0
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0
11022	Balsam-pear (bitter melon), leafy tips, raw	4.0	1.0 leaf	0
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	0
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	0
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	0
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	0
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	0
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	0
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	0
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	0
09139	Guavas, common, raw	165.0	1.0 cup	0
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	0
06963	Fish broth	244.0	1.0 cup	0
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	0
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	0
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	0
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	0
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	0
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	0
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	0
11677	Shallots, raw	10.0	1.0 tbsp chopped	0
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	0
09094	Figs, dried, uncooked	149.0	1.0 cup	0
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	0
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	0
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	152.0	1.0 pizza	0
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0
18980	KASHI, Original Waffle	72.0	2.0 pieces	0
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0
01238	Ice cream sandwich	70.0	1.0 serving	0
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	0
11108	Butterbur, canned	124.0	1.0 cup, chopped	0
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	0
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	0
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	0
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0
11615	Chives, freeze-dried	0.2	1.0 tbsp	0
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0
20070	Triticale flour, whole-grain	130.0	1.0 cup	0
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	0
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	0
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	0
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	0
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	0
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	0
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	0
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	0
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	0
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	0
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	0
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0
20029	Couscous, cooked	157.0	1.0 cup, cooked	0
02016	Spices, dill seed	2.1	1.0 tsp	0
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0
11432	Radishes, oriental, dried	116.0	1.0 cup	0
18459	Breakfast tart, low fat	52.0	1.0 tart	0
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0
09176	Mangos, raw	165.0	1.0 cup pieces	0
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	0
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	0
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	0
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	0
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0
11124	Carrots, raw	128.0	1.0 cup chopped	0
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	0
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	0
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	0
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	0
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	0
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	0
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
11982	Peppers, pasilla, dried	7.0	1.0 pepper	0
19366	Toppings, pineapple	340.0	1.0 cup	0
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0
11080	Beets, raw	136.0	1.0 cup	0
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0
18265	English muffins, wheat, toasted	28.35	1.0 oz	0
43299	Soybean, curd cheese	225.0	1.0 cup	0
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	0
09433	Clementines, raw	74.0	1.0 fruit	0
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	0
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	30.0	24.0 crackers	0
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	0
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	0
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0
02029	Spices, parsley, dried	0.5	1.0 tsp	0
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	0
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	0
18044	Bread, pumpernickel	28.35	1.0 oz	0
90560	Mollusks, snail, raw	85.0	3.0 oz	0
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0
16005	Beans, baked, home prepared	253.0	1.0 cup	0
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	0
16091	Peanuts, spanish, raw	146.0	1.0 cup	0
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	0
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	0
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	0
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	0
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0
16244	SILK Unsweetened, soymilk	243.0	1.0 cup	0
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	0
28322	Bagels, multigrain	81.0	1.0 piece bagel	0
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0
43132	Meatballs, meatless	144.0	1.0 cup	0
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	0
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	0
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0
20008	Buckwheat	170.0	1.0 cup	0
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0
11147	Chard, swiss, raw	36.0	1.0 cup	0
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 patty	0
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.0	1.0 cup (1 NLEA serving)	0
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	0
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	0
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
11520	Taro leaves, raw	28.0	1.0 cup	0
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	0
18157	Cookies, chocolate wafers	28.35	1.0 oz	0
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	0
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	0
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	0
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	0
01115	Whey, sweet, dried	145.0	1.0 cup	0
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	0
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	0
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	149.0	1.0 pizza	0
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	0
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0
18976	KASHI, TLC, Country Cheddar Crackers	30.0	18.0 cracker	0
19719	Jams and preserves, apricot	20.0	1.0 tbsp	0
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	0
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	0
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	0
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	0
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	0
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0
20067	Sorghum grain	192.0	1.0 cup	0
02049	Thyme, fresh	0.8	1.0 tsp	0
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	0
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	50.0	1.0 pastry	0
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0
11964	Nopales, cooked, without salt	149.0	1.0 cup	0
19334	Sugars, brown	3.0	1.0 tsp unpacked	0
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	0
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
01180	Sour cream, fat free	12.0	1.0 tablespoon	0
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	0
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	0
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	0
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	0
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0
20025	Cornmeal, yellow, self-rising, degermed, enriched	138.0	1.0 cup	0
02013	Spices, coriander seed	1.8	1.0 tsp	0
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0
11429	Radishes, raw	116.0	1.0 cup slices	0
18021	Bread, boston brown, canned	28.35	1.0 oz	0
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0
09164	Litchis, raw	190.0	1.0 cup	0
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin D(IU) Per Measure
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	0
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	0
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	0
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	0
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	0
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0
19080	Candies, semisweet chocolate	14.5	1.0 serving	0
43026	Syrups, sugar free	240.0	1.0 cup	0
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	80.0	5.0 nuggets	0
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	0
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	30.0	1.0 cookie	0
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	0